

Abstract:

Title: Training technical - tactical site of volleyball players in youth categories

Aims: The aim of my dissertation is to create a battery of drills and exercises technical and tactical game activities of the individual sites and compare results before and after the three-month specialized training. The task is to collect knowledge about technical skills and tactic in volleyball and their development by young players by studying appropriate literature. The next task is to accumulate a resource of preparatory and game exercise as well as preparatory games, which contribute to the development of technical skills and tactic and the coach this exercise involved in training at least once a week for three months. And comparing the results of input and output measurements, which will assess the individual player skills in the technical and tactical skills and combinations.

Methods:

1. analysis of literary sources
2. description of collected knowledge
3. interpretation of literary knowledge into practice
4. watching the players and the comparative method to evaluate the development of performance players (cadet) in the technical - tactical tests

Outcome: Knowledge about the characteristics of technical skills and tactic and their development in practice and training of young volleyball players. To recommend a complex of means – chosen types of physical exercise suitable for development of game skills. After three months according to our readings point scales before and after feedback control can, if given exercises to help develop technical - tactical skills or not.

Key words: volleyball, practice and training, technical skills and tactic, preparatory and game exercise, volleyball in categories of young people